

October Lunch Club 60 Menu

Serving Time: 11:30 am
Menu items subject to change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>3</p> <p>Chicken Burrito Rice Bowl w/ Lettuce, Tomato, Salsa, & Sour Cream Mexican Bean Soup Tortilla Mandarin Oranges</p> | <p>4</p> <p>Eggplant Roll Up w/Sauce Romaine Spinach Salad w/ Italian Dressing Italian Blend Vegetables Italian Bread Pears</p> | <p>5</p> <p>Stuffed Pepper w/Sauce Potato Leak Soup Scandinavian Blend Vegetables Wheat Bread Fresh Orange</p> | <p>6</p> <p>Individual Ham Loaf w/Sauce Sweet Potatoes Cauliflower Rye Bread Peaches</p> | <p>7</p> <p>Pub Burger w/Lettuce, Tomato & Onion on Bun Chicken Vegetable Soup Brussels Sprouts Fresh Apple</p> |
| <p>10</p> <p>Meat Lasagna Broccoli Wax Beans Italian Bread Sherbet</p> | <p>11</p> <p>Swiss Steak w/Sauce Corn Chowder Scalloped Potatoes Wheat Bread Pineapple</p> | <p>12</p> <p>Chicken ala King over Warm Biscuit Carrots Brussels Sprouts Fruited Gelatin w/Whipped Topping</p> | <p>13</p> <p>Sloppy Joes on Bun Turkey Vegetable Soup California Blend Vegetables Petite Banana</p> | <p>14</p> <p>Breaded Haddock Tossed Lettuce Salad w/Italian Dressing Red Jacketed Potatoes Rye Bread Mandarin Oranges</p> |
| <p>17</p> <p>Chicken Cordon Bleu Minestrone California Blend Vegetables 12 Grain Bread Tapioca Pudding</p> | <p>18</p> <p>Chili Topped Bakes Potato w/Shredded Cheese & Sour Cream Tossed Lettuce Salad w/Ranch Dressing Wheat Bread Apricots</p> | <p>19</p> <p>Open Faced Hot Roast Beef Sandwich on Wheat Bread w/Gravy Tomato Florentine Soup Mixed Vegetables Petite Banana</p> | <p>20</p> <p>Beef Stew over Biscuit Orange Juice Tossed Lettuce Salad w/French Dressing Fruit Cocktail</p> | <p>21</p> <p>CSC Breakfast Bingo Day</p> <p>BBQ Chicken ¼ Yankee Bean Soup Coleslaw w/Pineapple Corn Muffin Applesauce</p> |
| <p>24</p> <p>Sole Stuffed w/Scallops and Crab Meat Vinaigrette Coleslaw Mixed Vegetables Dinner Roll Pears</p> | <p>25</p> <p>Broccoli Cheese Quiche Tomato Rice Soup Green Beans 12 Grain Bread Mandarin Oranges</p> | <p>26</p> <p>Meal Time Music Braised Pork Chop w/ Gravy Au Gratin Potatoes Brussels Sprouts Rye Bread Fresh Apple</p> | <p>27</p> <p>Rosemary Oven Browned Chicken ¼ Manhattan Clam Chowder Broccoli Wheat Bread Lemon Pudding</p> | <p>28</p> <p>Halloween Party No Lunch Served</p>  |
| <p>31</p> <p>Mild Chili Tossed Lettuce Salad w/French Dressing Wax Beans Oyster Crackers Sherbet</p> | | | <p>All meals served with milk, bread and margarine.</p> <p>Soup served with crackers.</p> | <p>Funding This program is funded by participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, Monroe County Dept. of HS/Office for the Aging</p> |

Lunch Reservation Procedure

(Please call 723-2425)

- Meals are served daily from 11:30am-12:00pm
- Lunch is a suggested contribution of \$3.00 for any person 60 and older. For anyone under the age of 60, the meal cost is \$6.00 which will be collected at the front desk
- If you have not arrived by 11:45am for your lunch reservation, your meal may be given to any individual on our waiting list
- For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made up until the day of meal service
- All meal cancellations must be made by 10:00am the day before the meal is served

Medical Motors Transportation

Daily transportation to the center for seniors 60 and older is provided through Medical Motors for Greece residents for the Nutrition Program and activities. There is a suggested contribution of \$2.00

- Pick-ups are between 7:00-9:00am, Mon-Fri
 - Returns are 12:30 & 2:30, Mon-Fri
- Pick up and return times are subject to change

Please call 723-2425 at least 24 hours in advance to sign up for transportation

Please call Medical Motors at 654-7030 before 8:00am if you need to cancel on the day you are scheduled to be picked up.

3 Vince Tofany Blvd. Greece, NY 14612
(585) 723-2425
www.greecenyny.gov



Monroe County Senior Nutrition Program

Who is eligible to eat a meal?

- Any person age 60 or older, regardless of residency, is eligible to eat a meal. This includes staff members and volunteers at the meal site who are age 60 or older.
- A spouse of any age of an eligible participant as defined above.
- Disabled persons under the age of 60 who reside at the home of an eligible participant and accompany that person to the meal site.
- Disabled persons under age 60 who reside in housing facilities where congregate meals are served.
- Volunteers of any age who assist in the meal service during meal time.

Who may 'contribute'?

- Includes all persons as described in the list above.
- No eligible person can be denied a meal because of inability or unwillingness to contribute.
- The suggested meal contribution is **\$3.00** per meal.
- All contributions are confidential and voluntary.

Who must 'pay'?

Staff

- Staff under 60 years of age **must** pay \$6.00 per person.

Guests

- Guests under age 60 **must** pay \$6.00 per person.
- Guests include children, other relatives of participants (other than those noted as being eligible as noted above), employees of agencies, towns, counties, politicians, speakers, social workers, etc.

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability or marital status. This program is funded by participants' contributions, U.S. Administration on Aging, NY State Office for the Aging, NY State Dept of Health, and the Monroe County Dept of HS/Office for the Aging



DIETITIAN'S DESK NEWSLETTER



OCTOBER 2016 EDITION

Celiac Disease

Celiac disease is an autoimmune disorder in which the body attacks your digestive tract in response to eating gluten. While gluten can be found in many foods, it is most commonly found in wheat.

Primary Sources of gluten:

Foods that contain or are made of the following ingredients will contain gluten.

- Wheat: includes durum, einkorn, emmer, semolina, spelt, farina, farro, graham, kamut, wheatberries
- Barley
- Bulgur
- Malt
- Triticale
- Brewer's yeast
- Couscous
- Rye
- Wheat starch



Gluten ingredients & foods:

Food made with ingredients listed above will likely have gluten. One example would be pastas, since they are generally made from durum wheat.

However there are other foods or ingredients that are not in the list above that *may* still contain gluten. Some are often prepared using ingredients that have gluten. Others may be contaminated in processing, like oats (which do not naturally contain gluten).

Unless the following foods and ingredients specifically state "gluten free," they likely will have at least trace levels of gluten!

- Beer
- Cereals
- Egg substitute
- Fruit filling
- Ice cream
- Oats
- Roasted nuts
- Soups
- Canned baked beans
- Cold cuts
- Energy bars
- Gravy
- Ketchup
- Processed cheese
- Salad dressings
- Syrups
- Bullion
- French fries
- Hot dogs
- Mayonnaise
- Pudding
- Sausage
- Vodka

Signs and symptoms:

Celiac disease causes a variety of signs and symptoms, most of which are related to digestion. However there are other symptoms that are separate from your gastrointestinal tract, and they are called "extraintestinal" symptoms. See a list of both below:

Gastrointestinal:

- Diarrhea
- Flatulence
- Stomach rumbling
- Abdominal pain



Extraintestinal:

- Anemia
- Weakness/Fatigue
- Weight loss
- Osteoporosis
- Neurological symptoms
- Skin disorders
- Hormonal disorders



Similar conditions:

Celiac disease is often confused with similar conditions. If you react poorly to certain foods and aren't sure where to start, make an appointment with your physician to get things checked out. Getting the right diagnosis is crucial to successful treatment!

Lactose intolerance: The body has insufficient ability to process dairy products, resulting in gas, bloating, and diarrhea. Avoiding dairy or using lactase enzyme helps.

Non-Celiac Gluten Sensitivity (NCGS): Similar to Celiac disease, however the body is not having a typical immune or autoimmune reaction to gluten. It is poorly understood and symptoms may be vague compared to celiac disease.

Wheat allergy: This is more like a peanut allergy, but to wheat. Because the problem is not specifically gluten, eating non-wheat sources of gluten is okay. Unlike celiac disease, this is not an autoimmune issue, but rather a true allergy.



Senior Movie

Wednesday, October 12
12:30-2:30pm



FREE

Young and quirky Louisa “Lou” Clark (Emilia Clarke) moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will’s cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined.

Rated PG-13



Greece on the Go

Keeping **You** Moving in Greece and Beyond



October 2016

Adult Day Trips

Wednesday, November 9

Walden Galleria Mall in Buffalo

Get a head start on your holiday shopping at the Walden Galleria Mall in Buffalo, NY which offers over 200 stores—many of which are unique to the market. Dine at any of Walden Galleria's 10 delicious sit-down restaurants, or within the international food court.

Lunch will be at your own expense.

Please wear comfortable shoes for walking.

9:00am-5:00pm

\$4.00 per person

Friday, November 18

Artisan Works Tour

During your guided tour you will see artists at work in their studios, and many Artisan Works treasures and theme areas. Some of these include: 1960's firehouse, Marilyn Monroe Room, Eastman Kodak Room, 1800's French Dining Room, etc. This facility is fully accessible to visitors who have walkers/wheelchairs.

Lunch will be at your own expense at *Liberty Restaurant*.

10:15am-2:00pm

\$12.00 per person

All trips depart and return from the
Community & Senior Center
3 Vince Tofany Blvd
Greece, NY 14612

Senior Lunch Trips

Tuesday, October 4: Tillman's Village Inn

10:30am-2:15pm

\$2.00 to ride bus

Friday, October 14: The Ronald McDonald House of Charities Household Sale at Rochester Tech. Park on Elmgrove Rd

Lunch to follow at Bill Gray's at your own expense

10:30am-2:30pm

\$2.00 to ride bus

Grocery Shopping

Friday, October 7: Wegmans—Latta Rd.

9:00am-11:30am

Medical Motors Transportation

Friday, October 14: Aldi's—Latta Rd.

9:00am-11:30am

Medical Motors Transportation

Tuesday, October 18: Herrema's Stuton Plaza

9:00-11:30am

Medical Motors Transportation

Tuesday, October 25: Price Rite

9:00am-11:30am

Medical Motors Transportation

***Please Note:**

For Trips Noted "Medical Motors Transportation" Through the Greece Community & Senior Center, for Greece Seniors, Medical Motors offers monthly trips to area grocery trips.

Transportation is free and **requires a minimum of 3 riders.**

You may sign up at the front desk ahead of time or by calling 723-2425.